



Pulse magazine

September
2024

Welcome!

As I write we've just had perhaps the wettest day of the year so far, so autumn is definitely here. In general practice there used to be a definite a summer lull separating us from the busy autumn season when I started out over 30 years ago. However, that seems a distant memory now, as my colleagues and certainly everyone throughout the Trust is working as hard as ever.



This issue covers a potential osteoarthritis treatment being trialled here at the Trust, Organ Donation Week and details of our Annual General Meeting and many more.

I can't sign off without a plug to the Royal Berks Charity supporting you and patients alike. We have forthcoming events I'd like to ask for your support with:

- [Reading Buses Colouring Competition](#)
- [Reading Half Marathon](#)

Thanks to all of you for your passion and commitment in caring for our local hospitals and community.

Enjoy reading this edition of Pulse!

Bal Bahia
Non-Executive Director

In this edition

- 3 [Royal Berkshire Hospital Annual General Meeting, Monday 7 October](#)
- 3 [Organ Donation Week](#)
- 4 [RBH trial offers osteoarthritis hope](#)
- 5 [Nine in ten people would take part in another health study](#)
- 5 [Get vaccinated. Get winter strong](#)
- 6 [New Hospital Programme update](#)
- 6 [Accessing our website in 100 different languages](#)
- 7. [Martyn Cooper, Public Governor](#)
- 8. [Discounts? Did you know?](#)
- 8. [Reading Half Marathon](#)
- 9. [Get involved and have your say](#)



Royal Berkshire
NHS Foundation Trust

JOIN US!

ANNUAL GENERAL MEETING

Join us for the Royal Berkshire NHS
Foundation Trust's Annual General
Meeting 2024

MON 7 OCTOBER 2024

5:30 - 7:00 PM



Scan to find out more

Or email
foundation.trust@royalberkshire.nhs.uk



Annual General Meeting: Monday 7 October, 5.30PM

This year our Annual General Meeting (AGM) will be held at the Meadow Suite, Park House, University of Reading, Whiteknights Campus, Reading, RG6 6UR with the option to attend physically or via webinar.

Our AGM is a chance to come and hear about your local NHS trust, including an in-depth look at our performance for the year 2023/24 and our plans for the future.

We welcome staff, patients, carers, families and the public. The doors will open from 4.30pm when you can find a number of showcasing stands and departments, as well as our MEET PEET team who will be offering free mini health checks before the AGM starts at 5.30pm.

There will also be the chance to put your questions to our Board of Directors at the meeting and you can submit those in advance. We have put together an information guide for you that hopefully answers all your questions ahead of the meeting including how to:

- find the event
- join virtually
- submit questions in advance

If you would like to attend please contact foundation.trust@royalberkshire.nhs.uk and please keep an eye on [our website](#) for any last minute updates.

Organ Donation Week

Organ Donation Week gives us a chance to hear from some amazing people.

We recently heard Stephen's story. Stephen, a life-long Reading resident was part of a large family and sadly died at the Royal Berks in 2021.



In this short video, his sisters Deb and Helen tell us about their pride for the lives their brother saved after he passed away.



Find out more about organ donation at:

[OrganDonation.NHS.UK](https://www.organdonation.nhs.uk)

Trial running at the RBH offers osteoarthritis hope



Working in partnership with the University of Reading we have achieved a UK milestone in research into the treatment of osteoarthritis - a condition affecting nearly 9 million people in the UK.

Similar to many conditions with chronic pain, it has far-reaching impacts on quality of life, and the ability to carry on with normal activities. Painkillers can be used to treat mild cases, however surgery to replace the knee may be needed in severe cases.

The GENESIS I trial, which has been running for six years, focuses on a procedure called Genicular Artery Embolisation (GAE) as a treatment for patients with mild to moderate osteoarthritis symptoms where conservative treatment, for example painkillers or physiotherapy has not been successful.

At the centre of the GENESIS study is a procedure to inject tiny plastic beads - the size of a grain of sand - into the knee to block the blood vessels that inflame the tissue and cause pain. Performed under local anaesthetic, the procedure takes about one hour, and patients go home the same day - truly minimally invasive. A similar study in Japan found an 80 percent clinical success rate over a three-year period.

The procedure is a potential gamechanger for the treatment of osteoarthritis. It could reduce the number of patients needing a knee replacement surgery, contribute towards reducing waiting lists and offer both the NHS and patients another way to tackle this condition.

Professor Mark Little, Consultant Interventional Radiologist, and GENESIS study lead said, "It's extremely encouraging to see results showing this treatment is both safe, and potentially effective in treating what can be constant, and debilitating pain.

"We are now focused on the next step towards making this an available treatment within the NHS. We are currently halfway through treating 110 patients in the GENESIS 2 trial, a large, randomised sham-controlled trial. GENESIS 2 will further investigate the safety and efficacy of GAE in patients with mild to moderate knee Osteoarthritis.

"Taking part in research like this not only gives patients access to ground-breaking treatment options, it also helps to advance the treatment we can in time offer to all patients."

If you suffer from mild to moderate osteoarthritis of the knee, and are interested in taking part in GENESIS 2, please contact radiologyresearch@royalberkshire.nhs.uk

Nine in 10 people would take part in another study

If you've been in the Royal Berkshire Hospital recently, you may have spotted our new posters highlighting the reasons we run clinical research within our Trust. As well as giving our patients better outcomes, research also helps us to attract and retain staff.

About [nine in ten Thames Valley health research participants](#) questioned said they would take part in another study. A total of 1,222 people completed a questionnaire on taking part in NHS and other health studies in Berkshire, Buckinghamshire, Milton Keynes and Oxfordshire in the year from 1 April 2023.

It found about nine in ten would take part in another study along with comments praising staff and wanting to help others. Issues including communication and receiving study results were cited as areas for improvement.

Learn more about health research and search for studies at [Be Part of Research](#).

NIHR National Institute for Health and Care Research

NHS Royal Berkshire NHS Foundation Trust

SHAUN WANTED TO GIVE BACK TO THE NHS AFTER HIS CANCER TREATMENT

WE ARE BEING RESEARCHED

As a research active hospital our work can help to provide better care and treatments for our patients.

If you're interested to learn more please find more information at: bepartofresearch.nihr.ac.uk/

Get vaccinated. Get winter strong

Winter is on its way, and so is the winter illness season. As we head into the colder months, remember that Covid and flu can be especially dangerous for those at higher risk of severe illness.

Make sure you're ready for winter by getting vaccinated, even if you've had flu or Covid or have been vaccinated before.

HM Government

GET VACCINATED

GET WINTER STRONG

NHS

Check your eligibility for flu and COVID-19 vaccines and book now at nhs.uk/wintervaccinations

Protection from previous flu and Covid vaccines fade, and the viruses change over time.

If you're eligible, protect yourself and your loved ones by getting your flu and Covid vaccinations.

Book now on the NHS App or [website](#) and stay safe this winter.

New Hospital Programme update

Our New Hospital Programme team are carrying out an impact assessment to assess what the impact would be on staff, patients and the wider community if the hospital moved to an alternative location.

As part of this assessment, the team ran a survey which closed earlier this month. Thank you to everyone who took part in the survey. A total of 9,642 people responded and we have very helpful information to understand what we may need to consider if we are able to proceed with a hospital on a new site. A summary of the report will be available later in the year.



We expect to hear further news on the New Hospital Programme before or in line with the October budget. [Building Berkshire Together, New Hospital Programme](#)

Accessing our website in 100 different languages

Did you know that you can read [our website](#) in 100 different languages?

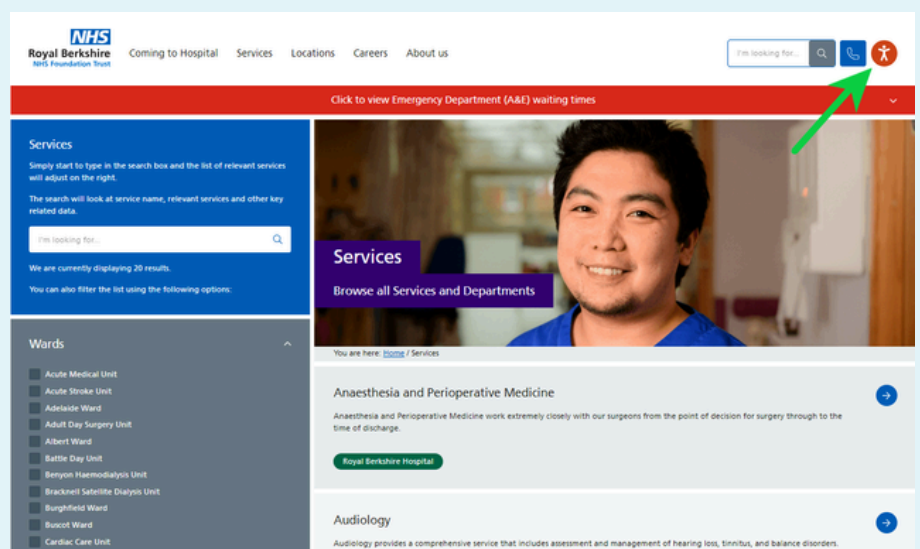
The Reachdeck tool translates our website and [patient leaflets](#) (while viewing them online) into 100 languages and adds accessibility support such as:

- text-to-speech functionality
- text magnification to enlarge text and read it aloud
- screen masking to allow neurodiverse audiences to reduce distractions, by reading one passage at a time
- a webpage simplifier to reduce sensory stimulation for people with Autism
- a picture dictionary to display word meaning through illustration

Reachdeck is available in the top right hand corner of the website.

Click on the red icon to open the Reachdeck toolbar.

For more information, watch [Reachdeck's short demonstration video](#)



Governor Article

Martyn Cooper, Public Governor

Hi everyone, my name is Martyn Cooper and I am a Public Governor for the Trust representing the West Berkshire & border constituency. I enjoy being a Governor. I'm very fond of The Royal Berkshire Hospital, and being a Governor gives me the opportunity to remain involved in its continual striving to do the best it can in providing care. The role covers other sites as well as the Reading site, so Bracknell Healthspace, Townlands in Henley and the West Berkshire Community Hospital in Thatcham, Prince Charles Eye Unit and Windsor Dialysis Unit and they all come under the umbrella of the Royal Berkshire NHS Foundation Trust. I was initially a public Governor for Reading for a few years before moving out into the country and now serve as a Public Governor for 'West Berks and Borders'.

I take a particular interest in activities at the West Berkshire Community Hospital as it's in 'my patch' and I've been able to experience first-hand some of the services as a patient. I'm on site at the Reading site fairly regularly helping with Rosetta Life's sessions on the Stroke Unit or attending governor meetings when a 'non-zoom' option is available. Online meetings can be useful but I still prefer face-to-face when able.

I was brought up in Caversham so the hospital was where family went when needed. My career was in nursing so after training in learning disability nursing I trained at the Royal Berks as a general nurse and then went on to work in the intensive care unit before travelling to Bristol for a few years. The Trust has been a constant feature in my life and it is a joy to act as a critical friend in the role of Governor working alongside my trustee colleagues. I also work with a number of charities and my interests with them are in well-being, safeguarding and advocacy; knowledge which I hope I also bring to the Trustee group.

Alongside my Governor role I'm also just beginning to start working within the hospital at the Berkshire Cancer Centre where I was treated as a patient initially for a brain tumour and subsequently for Prostate Cancer. On my visits to the centre, for Radiotherapy, I was struck by how some patients seemed quite isolated. Having previously worked as a 'clown doctor' at Frimley Park Hospital, it crossed my mind if that would be a suitable form of distraction within the unit. Several years later and I begin my PhD at Reading University, based in the Berkshire Cancer Centre looking at how humour can help in adult cancer clinical settings and also in palliative care. There's a lot of research showing the benefits to children, some with adults but less in these particular fields. There will not be a fully clown make up character being zany wandering around but hopefully there will be some laughter and giggles. Look out for the tall hairy man from the 'Honkology' department. Having a career in nursing, living with cancer and being a professional trained clown makes me think I'm off to a good start. If you see me – share your best joke – mine are terrible.

I hope you enjoy this month's magazine!

Martyn Cooper
Public Governor, West Berkshire & Borders

Discounts? Did you know?

As a member of the Royal Berkshire NHS Foundation Trust you are eligible to amazing Health Service Discounts to save money on holidays, electrical goods, meals, days out and much more!

To register, please contact us for a letter of eligibility; follow this link [Register | NHS Discounts](#) and select Foundation Trust Member and upload your letter!

Don't forget to let us know what amazing discounts you get so we can share them! This month find some family treats with exclusive NHS Discounts!

- [Quality School Clothing from Trutex](#) -15% off
- [Health Service Cinema Tickets](#) – 40% off
- [Tastecard Exclusive](#) – 12 month FREE membership
- [Virgin Holidays](#) - £145 NHS discount
- [Google Pixel 8 Pro](#) - £29.00 upfront + £41 a month
- [Haven NHS Discount](#) – 15% off
- [TVs from Samsung](#) – 15% off
- [Gifts & Experience Days from Buyagift](#) – 22% off

healthservice discounts

Reading Half Marathon, 23 March 2025



The Reading Half Marathon not only takes in the highlights of the centre of Reading where you will experience huge crowd support but also still passes through the beautiful grounds of the University campus. The race culminates in a finish rarely found outside an Olympic stadium with over 15,000 people cheering you into the stadium and over the finish line.

You can enter Reading Half Marathon for free by choosing to fundraising for the [Royal Berks Charity](#).

Meet your Council of Governors

Find a full list of your Council of Governors on the Trust website: [Meet the Governors](#)

Get involved and have your say

Open Meetings

Why not come along to one of our upcoming open meetings: find the details and agendas on our trust website page: [Open meetings | Royal Berkshire NHS Foundation Trust](#)

- Annual General Meeting – 5.30 to 7pm, Monday 7 October 2024
The Meadow Suite, University of Reading, Whiteknights, Reading, RG6 6AH
(see pages 4 - 5)
- Membership Committee - 5.30pm, Monday 21 October 2024
Video conference call


If you would like more information please contact foundation.trust@royalberkshire.nhs.uk

Become a member

Sign up family and friends to become a member via our [online membership form](#) to receive our latest updates, shape how hospital services are delivered and be eligible to receive our NHS discounts.

Get in touch with the team:

foundation.trust@royalberkshire.nhs.uk



Get help with travel costs to hospital

You may be able to get your travels costs back if you claim:

- Income Support
- Pension Guaranteed Credit
- Job Seekers Allowance
- Employment and Support Allowance
- Working Tax Credit
- Child Tax Credits
- Universal Credit

Scan the QR code to see if you are eligible

Please make sure a member of staff signs the green form if you meet all the criteria in the healthcare

Pulse Magazine is written and produced by the Royal Berkshire NHS Foundation Trust Communications Team. If you would like to have an article included or have any feedback just let us know at Communications@royalberkshire.nhs.uk